

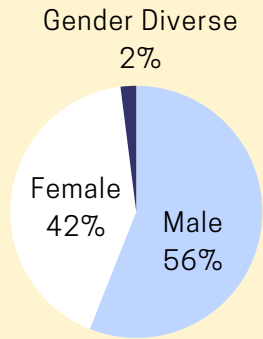
ONE YEAR IMPACT



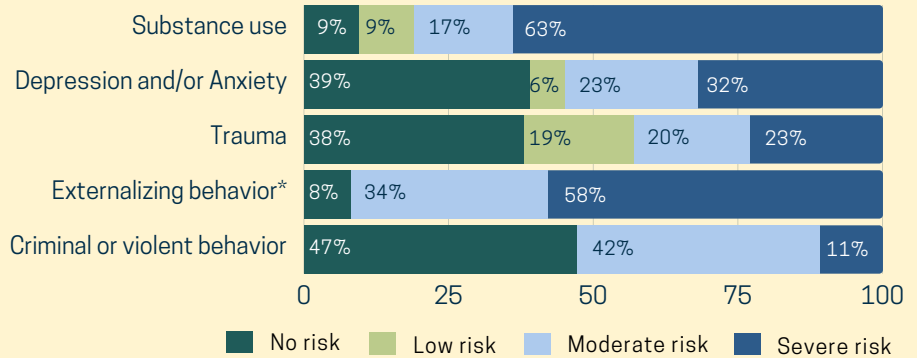
“The CATALIST program “made me realize that even with these struggles I have every day that I can still make a life for myself and do what I want to do.”
- CATALIST Youth”

WHO WE SERVED

of Youth **67**
Average age **15**
% White **91**
% Black **15**
% Latinx **11**
% American Indian **2**



% YOUTH PRESENTING WITH HIGH LEVELS OF SUBSTANCE USE & MENTAL HEALTH STRUGGLES



*Externalizing behaviors include attention deficits, hyperactivity, impulsivity, & conduct problems

WHAT WE PROVIDED



Peer recovery groups run by a certified peer recovery coach



Individual & family therapy using evidence based practices for substance use & mental health including trauma



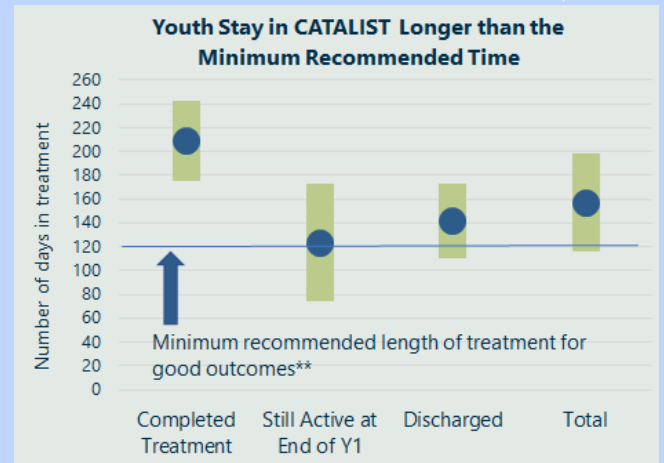
Case management services to help address other needs like school and legal issues



Biometric testing to monitor for progress on substance use.



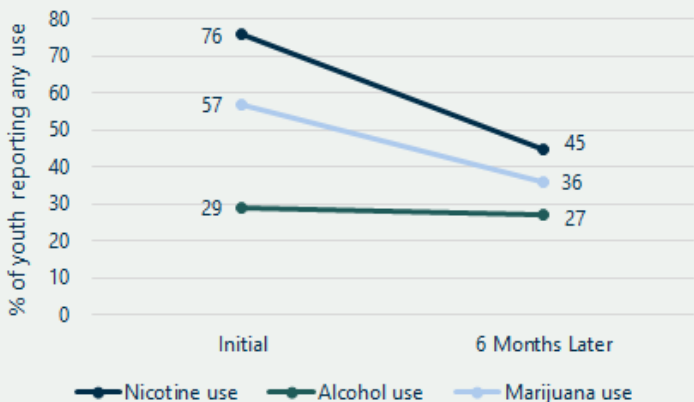
Transportation to help reduce barriers to attending services



**Research shows that most people need at least 3 months to reduce or stop their substance use.

WE ARE SEEING POSITIVE CHANGES!

Youth reduced their substance use over time



“She [CATALIST therapist] made me realize that you can be normal. I had this whole mindset, because of my mom, that once you are an addict you are stuck. Even when you got clean you were always going to be the same person. But I realized that people can overcome that and get better.... be amazing people.” - CATALIST Youth

For youth with moderate to severe depression or anxiety (average scores above 10), we saw significant decreases:



***The sample size for the 6 month follow up outcomes was small (n=22). Outcomes will be re-analyzed at the end of Year 2 with a larger sample size.